

Land Aerobics



Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

LEHI LEGACY CENTER LAND AEROBICS

Legacy Center - Group Exercise Schedule- Effective July 7, 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	*MUSCLE MIX Nita		*PUMP MIX Jenn		*MUSCLE MIX Ricki	
Aero. Rm 6:00 AM	RIPPED Tasha	ZUMBA Rachel	ZUMBA Kris	SPORT CYCLE Liz	RIPPED Tasha	7:00 AM INSANITY
No. Gym 6:00 AM	TURBO KICK Tina	MUSCLE MIX Tina	INSANITY Kent	TURBO KICK Tina	H.I.I.T. Marci	Aero. Room Kent
*MP#1 6:00AM		SUNRISE YOGA Multi-purpose room #1 Cami	PIYO Multi-purpose room #1 Selena	SUNRISE YOGA Multi-purpose room #1 Cami		8:15 AM MUSCLE MIX Aero. Room Amy
8:15 AM	POWER YOGA Autumn	MUSCLE MIX Autumn	TURBO KICK Katie	ZUMBA Rachel	9:00 AM 1/2 HOUR AB ATTACK Melanie J.	9:30 AM* ZUMBA Aero. Room Leticia
9:30 AM	*KICKBOX X-Treme Carrie	*MUSCLE MIX Ricki	STEP CARDIO Amanda	*MUSCLE MIX Michelle	CARDIO CIRCUIT Melanie J.	
*Cardio Room 9:30 AM	*TREAD & ABS Lezlie		*TREAD & STRETCH Carrie			
9:30 AM	KID FITNESS** Melanie B.	KID FITNESS** Dena	KID FITNESS** Melanie B.	KID FITNESS** Melanie J.	KID FITNESS** Dena	
10:35 AM	SENIOR FITNESS Susan	SilverSneaker® Classic Susan	SENIOR FITNESS Amanda	SilverSneaker® Classic Amy	SENIOR FIT YOGA Dena	
6:00 PM	HIP HOP Melanie J.		Adaptive Zumba Kris			
7:00 PM	*PUMP Aimee	CARDIO CIRCUIT Aimee	*MUSCLE MIX Brittany	TURBO KICK Katie		
8:00 PM	YOGA I/II Jody	YOGA I Autumn	PIYO Heidi	*ZUMBA Monta		
9:00 PM		*ZUMBA Monta	*ZUMBA Rachel	YOGA Amara		

Back-to-Back classes are 55 minutes long. The Senior classes are 45 minutes classes

INDOOR CYCLING SCHEDULE - All classes are held in the Cycling Room. A pass is required.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Danny		Nita		** 7:00AM Danny
6:00 AM	Jenn	Liz*	Jenn	Liz*	Jenn	
8:15 AM		Susan	Kristie H.	Carrie		
9:30 AM	Susie	Chelise	Aimee	Liz		
6:00 PM			Kristie W.			
7:00 PM		Autumn		Lari		

**1 1/2 hour cycling class
1st Saturday of the month 6:30 am
to 8:00am.
* T & TH 6am SportCycling

CLASS DESCRIPTIONS ON THE BACK

* Fee and/or check-in required at front desk
Schedule subject to change without notice

*QUICK FACTS

What Aerobic Classes
Where..... Lehi Legacy Center (Aerobic Room)
Who..... All fitness levels, ages 14+ ; Ages 16+ for cycling classes
Fees..... Member..... Free (*Kid Fitness - \$2.50 1st child, \$1.50 additional)
Non-Members... Aerobic Classes \$3..... Cycling \$3

*MEMBER ONLY CLASSES ARE FROM 5-8am and 9-11pm

INFORMATION

For more information contact Legacy Front Desk @ 801-768-7124



Post until December 31, 2015

Step Cardio	The Step is the base for this class while other heart-pumping activities will be incorporated (i.e., jump rope, sport drills, kickbox, etc.)
Cardio Circuit	Add variety to your workout with an alternating station of strength and cardio or intervals of cardio intensities. Guaranteed to work up a sweat.
*P.U.M.P.	Promoting Unlimited Muscular Potential – A total body sculpting class to increase lean muscle mass and burn fat using barbells for resistance. Types of training will include choreographed 4 minutes lifts, repetitions and circuit. <u>*Check in is required for this class (a ticket will be given).</u> 19 barbells are available.
*P.U.M.P. Mix	Same class format as above with cardio segments intertwined between sets. <u>*Check in is required for this class (a ticket will be given).</u> 19 barbells are available.
*Muscle Mix	Increasing lean muscle mass is the benefit of this class. You will target each muscle group and work hard to reach failure with each set, all the while turning your body to a lean, mean, fat-burning machine with bursts of cardio. Equipment used: dumbbells, resistant tubing, stability balls & domes, medicine balls and gliders. <u>*A pass is required for this class.</u>
*Cycling/Sport	A 50-minute indoor cycling class stimulated to an outdoor ride. Works the lower body and burns 500+ calories. You adjust the resistance to give you the ride of your life. <u>*Check in is required for this class (a ticket is given).</u> 19 seats are available. The first Saturday of each month is an 1½ hour class starting at 6:30 am. <u>Tuesday & Thursday 6 am is a SPORTS CYCLING class.</u> This class combines sports conditioning drills on the track with intervals on the bike. Attending class will help build your cardiovascular endurance or to help you train for your next race.
*Tread	This class is done on the treadmill. Aerobic moves and combinations with intervals of walking, hill climbing, power walking and running will be implemented in this workout. The beginner, intermediate and advance students can control the intensity while performing the same moves as the instructor. <u>*A pass is required for this class (a ticket is given).</u> 11 treadmills are available.
Ab Attack	Ab-solutely a great 25-minute workout. This workout not only works the abdominal region, but also focuses on the whole core.
Kid Fitness	<u>This class is a fee-based class. \$2.50 for the first child, and \$1.50 for each additional.</u> Your child will participate in large gross motor skills through exercise and learn to play games and interact with other children. Ages 3-6 can participate. Child must be potty-trained and behave well.
Senior Fitness	This 45-minute class is great for the young at heart. Low impact and strength conditioning exercises will be incorporated to improve everyday activities.
SilverSneaker®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
Yoga/Sunrise Yoga	Experience the mind and body connection with this art. In this class you will be guided through poses to increase breathing, strength, balance, flexibility and relaxation. These classes are multi-level. <u>Sunrise Yoga</u> - Wake up and jump start your day by strengthening and lengthening your body, so you will feel energized for the rest of the day.
PiYo™	This class is for those who color outside of the lines! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results. Relax & Stretch? No Thanks.
TurboKick®	The hottest kickboxing class around! TK combines athletic moves, sports drills, hip hop flavor, & so much more. Take kickboxing to the next level and burn MEGA calories! This class is for every level.
*Zumba®	Zumba is a Latin-based dance fitness class. It uses authentic Latin music and moves. It has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits. FUN!! FUN!! FUN!! <u>*A pass is required to take the class.</u>
Kick Box X-Treme	This class incorporates traditional kickboxing moves with timed intervals of high intensity drills using weights and body-weighted exercises. Kicking and punching against a free-standing bag allows you to burn more calories. Gloves are provided, but we strongly encourage you to purchase your personal set. <u>*A pass is required to take the class.</u>
R.I.P.P.E.D.™	Resistance. Interval. Power. Plyometrics. Endurance. Diet. If you are looking to lose pounds and inches, increase your metabolism, sculpt lean muscles, improve your cardiovascular performance, feel your energy and strength go through the roof, and have a blast doing it, you've gotta come to this class.
H.I.I.T.	High Intensity Interval Training. Challenge your body by alternating short, high intensity intervals with longer intervals to recover. This type of training has been used by athletes to improve performance and has also been shown to benefit the average exerciser. This class will strengthen your cardiovascular and muscular systems using your own body weight as resistance.
Insanity®	You know the home workout, now get ready for the instructor based class! The secret to these mind-blowing workout results: MAX Interval Training. The creator, Shaun T, took traditional interval training and flipped it on its head – you perform long bursts of maximum-intensity exercises with short periods of rest. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX! All in 50 minutes or less!
Hip Hop	Burn up the dance floor and burn calories too! Hip Hop blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!